

November

EARLY CHILDHOOD EDUCATION Lunch Menu



ENTREES

SIDES

Monday | 8

- Traditional Hamburger w/ Mustard
- Garden Burger w/ Mustard

- Seasoned Potato Wedges
- 100% Orange Juice
- Nonfat or 1% White Milk

Tuesday | 9



- Honey BBQ Chicken Sandwich
- Whole Grain Cheese Lasagna Rollup w/ Dinner Roll

- BBQ Baked Beans
- Diced Peaches
- Nonfat or 1% White Milk

Wednesday | 10

- Jamaican Jerk Chicken Bowl w/ Brown Rice
- Veggie Fried Rice w/ baked tofu

- Seasoned Green Beans
- Fresh Apple Slices
- Nonfat or 1% White Milk

Thursday | 11

NO SCHOOL

Friday | 12

- Turkey Sausage Pizza
- Classic Cheese Pizza

- Seasoned Carrot Coins
- All-Mixed-Up Fruit Cup
- Nonfat or 1% White Milk

This menu is subject to change based upon availability



= Vegetarian



= Vegan



= Locally Sourced

Student's choice of skim or 1% hormone-free milk provided at every meal

Food Celebrations

Welcome Back! Here are some exciting ways to stay engaged with your food this school year.

Super Bites 11/10

Fall Harvest/Holiday

Meal 11/23

International food day 11/9

Chickpea and Potato Curry

Open Meal Sites

Ballou High School
Columbia Heights
Education Campus

November

EARLY CHILDHOOD EDUCATION

Lunch Menu



ENTREES

SIDES

Monday | 15

- Chicken Quesadilla w/ Salsa
- Cheese Quesadilla w/ Salsa
- Southwest Black Beans
- Diced Pears
- Nonfat or 1% White Milk

Tuesday | 16

- Tortellini and Meat sauce w/ Cheesy Breadstick
- Veggie Tortellini w/ Cheesy Breadstick
- Parmesan Green Beans
- Fresh Apple Slices
- Nonfat or 1% White Milk

Wednesday | 17

- Mumbo Sauce on Pulled Chicken Meat w/ Whole Grain Honey Corn Biscuit
- Bean & Cheese Burrito
- Steamed Corn
- Mandarin Oranges
- Nonfat or 1% White Milk

Thursday | 18

- Turkey Bolognese w/ Sub Roll
- Grilled Cheese Sandwich
- Sweet Potato Wedges
- Diced Peaches
- Nonfat or 1% White Milk

Friday | 19

- Tuna Salad Sandwich
- Sunbutter & Jelly Sandwich
- Broccoli Florets w/Dip
- Fresh Banana
- Nonfat or 1% White Milk

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Early Childhood Education Lunch Menu



ENTREES

SIDES

Monday | 22

- Traditional Hamburger w/ Mustard
- Garden Burger w/ Mustard
- Seasoned Potato Wedges
- 100% Orange Juice
- Nonfat or 1% White Milk

Tuesday | 23

- Roasted Turkey Breast w/ Gravy
- Stuffed Shells w/ Marinara Sauce & Breadsticks
- Baked Sweet Potato Wedges
- Seasoned Green Beans
- Pumpkin Spice Bread
- Mandarin Oranges
- Nonfat or 1% White Milk

Wednesday | 24 NO SCHOOL

Thursday | 25 NO SCHOOL

Friday | 26 NO SCHOOL



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Early Childhood Education Lunch Menu



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Monday | 29

- Chicken Quesadilla w/ Salsa
- Cheese Quesadilla w/ Salsa
- Southwest Black Beans
- Diced Pears
- Nonfat or 1% White Milk

Tuesday | 30

- Tortellini and Meat Sauce w/ Cheesy Breadstick
- Veggie Tortellini w/ Cheesy Breadstick
- Parmesan Green Beans
- Fresh Apple Slices
- Nonfat or 1% White Milk

DECEMBER

Wednesday | 1

- Mumbo Sauce on Pulled Chicken Meat w/ Whole Grain Honey Corn Biscuit
- Bean & Cheese Burrito
- Steamed Corn
- Mandarin Oranges
- Nonfat or 1% White Milk

DECEMBER

Thursday | 2

- Turkey Bolognese w/ Sub Roll
- Grilled Cheese Sandwich
- Sweet Potato Wedges
- Diced Peaches
- Nonfat or 1% White Milk

DECEMBER

Friday | 3

- Tuna Salad Sandwich
- Sunbutter & Jelly Sandwich
- Fresh Banana
- Broccoli Florets w/Dip
- Nonfat or 1% White Milk



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